

small  
steps **big**  
difference

PREVENTING  
DIABETES  
IS WITHIN  
YOUR REACH



Prediabetes is a serious health condition that puts you at an increased risk for developing type 2 diabetes. Prediabetes affects more than 1 in 3 U.S. adults—that's 88 million people—but most people don't know they have it.

The good news is that by making healthy lifestyle changes, it is possible to manage or reverse prediabetes and prevent it from turning into type 2 diabetes.

## Follow these tips to manage your prediabetes

01



### Take small steps.

Making changes to your lifestyle and daily habits can be hard, but you don't have to change everything at once. Start small.

02



### Move more.

Limit time spent sitting and try to get at least 30 minutes of physical activity 5 days a week. Start slowly by breaking it up throughout the day.

03



### Choose healthier foods and drinks most of the time.

Pick foods that are high in fiber and low in fat and sugar. Build a plate that includes a balance of vegetables, protein, and carbohydrates. Drink water instead of sweetened drinks.

04



### Lose weight, track it, and keep it off.

You may be able to prevent or delay diabetes by losing 5 to 7 percent of your starting weight.

05



### Seek support from your doctor.

People are more successful at managing their prediabetes if they have regular contact and support from trusted health care professionals.

06



### Stay up to date on vaccinations.

The COVID-19 and flu vaccines are important for people who may be more likely to get very sick from COVID-19 or the flu, such as people with diabetes.

Visit [niddk.nih.gov](https://niddk.nih.gov) for more information on managing prediabetes.